

POSITIVE SELF-ACTUALISATION THERAPIES (SOCIAL SCIENCES THEORY): A NEED IN TODAY'S ROBOTIC - WORLD.

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Abstract:

Aastho ma sat gamaya : Lead us from bad to good.

Taamaso ma jyothir gamaye : Lead us from darkness to light.

Mruthyormarr amritum gamaye : Lead us from mortality to immortality = (Vedas).

This is what Good education, with sound technological background and a good sense of composure can do with a human being of this world. Plus, when the element of Self-actualisation is arrived in this element, the subject reaches to the pinnacle of success. With each lower needs getting fulfilled, focus on the higher needs leads to self-actualisation.. Each one of us is motivated by various needs. There are various needs, when one is over, the other has to be satiated. There are self-actualisers who should try to possess high level of moral-development. He is already committed, compassionate to the other people needs. He is open to the needs of others, if channelized his energies in a proper way. He has a realistic perception about himself.

Introduction: The Highest among needs is self-fulfillment or self-actualisation. It is to recognise one's own great potentialities and talents. This is a evolutionary development. Living at the higher level, means greater biological efficiency, greater longevity in life, better sleep, better appetite and so forth. Various needs levels are interdependent and over-lapping and hence, higher level need emerging before the lower level need has been completely satisfied. Self-actualised person has a high level of morality, is committed, is open to various situations of life. A self-actualised person is always positive and takes others to the top of their careers without, keeping theirs in mind. For example, Lord HANUMAN IN HINDU MYTHOLOGY.

Aims and Objectives:

1. To study and inculcate the habits of becoming stress free every time through self-actualisation process.
2. To know and calculate how the Self-actualisation process can be dealt in negativism
3. To know how Self-actualisation brings optimism in oneself, through self-actualisation process.
4. To know how one can be aware of oneself through self-actualisation.

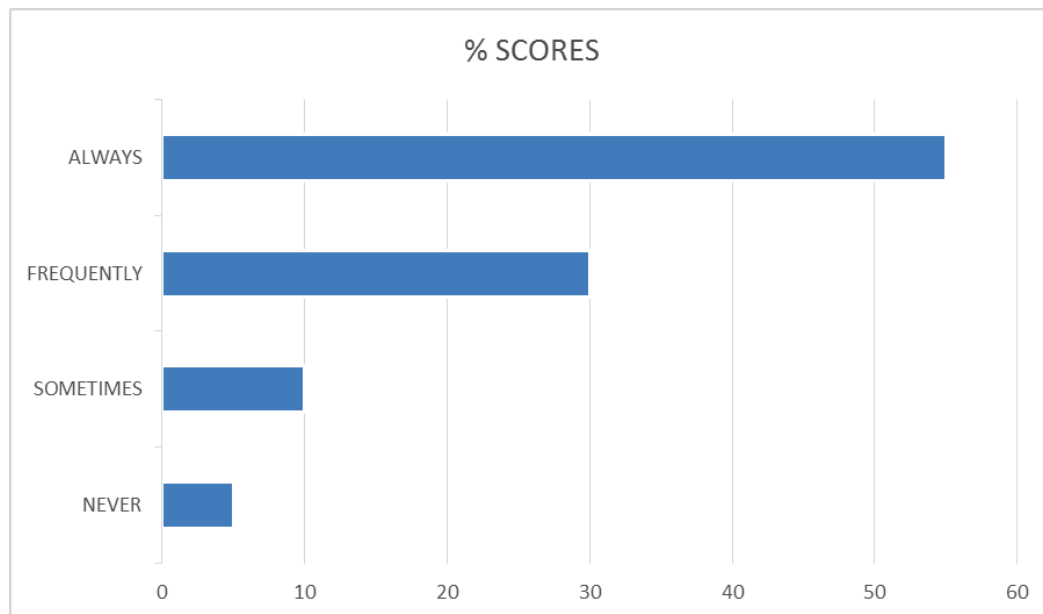
Hypothesis: Can the process of various self-actualisation therapies and proceeds pave the way for bringing positivities in life...

Methodology: Convenience Sampling Method was used in this research study. There were 300 samples taken as per the need of the hour. These samples were the students of Colleges situated at Kalyan (west)-421 301.

Data Collection: The collection of Data was through Oral Investigation Method and Questionnaire method. Questionnaires were prepared and given to be filled up and necessary arrangements were been made for collection purposes.

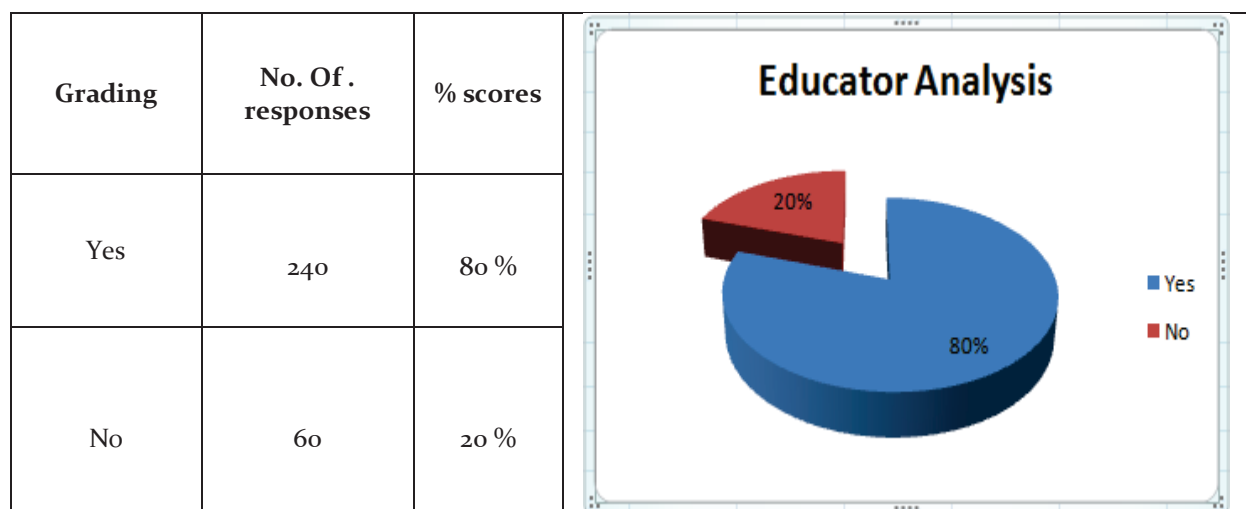
Data Analysis: Test A (Test showing how Self-actualisation Therapies= helps to develops positive image):

Qualities	No. of . Responses	% Scores
Never	15	05 %
Sometimes	30	10 %
Frequently	90	30 %
Always	165	55 %



From this Test-A, we can come to a conclusion that if Self-actualisation processes if properly effectively and efficiently used, can make a turnaround in students life.

Test-B- (Test showing how good your Facilitator/ Educator is in teaching self-actualisation therapies- to improve life- positivities):



Through this Test, it is very conclusive that the Educator if trying to be well enough effective can always create a lasting impression on the learners and helps in the welfare of those students learning various subjects in learning self-actualisation therapies- to bring positivities in life.

Suggestions: Some of the points to be considered while the progression of the process of self-actualisation are :-

1. The positive self-actualisation therapies should create interests in life
2. There is a lot of positivity and optimism while dealing with self-actualisation
3. It should stimulate the teaching learning process.
4. It should raise the mental capacity of the students.
5. The students should try to become active and dynamic.

Conclusions: Self-actualisation process can be very interactive and some points which can be summarised through following points :

1. It inculcates scientific methods.
2. It satisfies the curricular needs.
3. It enhances effectivity in ones life.
4. It gives the pupils to set aside their misconceptions.
5. It avoids monotony and boredom.

Some of the **obstacles**- according to my perceptions can be, through the following points:

1. There can be Perception related problems.
2. Some times due to the environment problems, the subject can be in a pits..
3. Sometimes due the non-availability of good expert, the process can be difficult for the subjects to deal with.
4. Poor awareness about this subject can retard the growth of subjects.

To conclude from the Upanishads, self- actualization always helps self first and others next, and so the following couplet from the Sanathana scriptures:

Om Saha naa Vavatu, Saha nau bhunaktu, Saha veerayam Kara vaavahai, Thejaswinaa vadhe thamasthu, Ma avid wishaa vahai, OM SHANTHI SHANTHI SHANTHI !!!!

By my personal analysis and perception, Self-actualisation will give life and bliss and ananda to the subjects (individual students) and the Educators and that to the fullest optimum levels.

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